

Smith Senior Center — JULY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>A.H.O.Y.</div><div>Smith Senior Center M, W, Th, S W 9:15 am 5:30 pm</div><div>Lewis Center W 9:15 am</div><div>Leonard Center M, F 10:30 am</div><div>Brown Center Tu, Th 9:15 am</div><div>Peeler Center Tu, Th 10:30 am</div><div>Sportsplex Tu, F 9:15 am</div><div>Griffin Center Tu, Sat 10:30 am</div><div>Lindley Center Tu, Th 2:15 pm</div></div>			<div><div>1 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 AHOY Gym</div><div>10:00 Table Tennis Rm 2</div><div>10:00 Basketball Open Play Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>12:00 4th of July Cookout* Outside</div><div>1:00 Quilt Project Rm 1</div><div>2:00 Senior Swim Pool</div><div>5:00 Water Aerobics* Pool</div><div>5:30 AHOY Boot Camp Gym</div></div>	<div><div>2 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 1</div><div>9:15 AHOY Gym</div><div>9:45 Senior Swim Pool</div><div>10:00 Legal Services* Rm 2</div><div>10:00 'Spite &amp; Malice' Cards Lounge</div><div>11:00 Water Aerobics* Pool</div><div>2:00 Senior Swim Pool</div></div>	<div><div>3 Center Closed for July 4th</div></div>	<div><div>4 Center Closed for July 4th</div></div>
<div><div>5</div><div>Enjoy coffee in the Lounge Monday - Friday 9 am - 12 noon</div></div>	<div><div>6</div><div>8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Gym</div><div>9:15 AHOY Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:00 Honey Bee Helpers Rm 1</div><div>10:00 Pickleball Rm 2</div><div>2:00 Senior Swim Pool</div><div>5:00 Water Aerobics* Pool</div><div>5:00 T.O.P.S. Meeting Rm 1</div><div>5:45 Beginner Zumba! Gym</div><div>6:00 Grief Support Group Rm 2</div></div>	<div><div>7</div><div>8:15 Water Aerobics* Pool</div><div>9:00 S.M.A.C. Rm 2</div><div>9:45 Senior Swim Pool</div><div>11:00 Water Aerobics* Pool</div><div>11:30 Chair Yoga Gym</div><div>1:00 Quilting Class* Rm 1</div><div>2:00 Senior Swim Pool</div><div>5:30 Full Body/Strength Class Rm 2</div><div>5:45 Water Fitness Class* Pool</div><div>6:15 Line Dance Class Gym</div></div>	<div><div>8 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 AHOY Gym</div><div>10:00 Group Drumming Class Rm 1</div><div>10:00 Table Tennis Rm 2</div><div>10:00 Basketball Open Play Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>1:00 Quilt Project Rm 1</div><div>2:00 Senior Swim Pool</div><div>5:00 Water Aerobics* Pool</div><div>5:30 AHOY Boot Camp Gym</div><div>6:00 Hearing Loss Group Rm 1</div></div>	<div><div>9</div><div>8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 1</div><div>9:15 AHOY Gym</div><div>9:45 Senior Swim Pool</div><div>10:00 Nutrition Seminar Rm 1</div><div>10:00 'Spite &amp; Malice' Cards Lounge</div><div>11:00 Water Aerobics* Pool</div><div>1:30 Osteoporosis Group Rm 2</div><div>2:00 Senior Swim Pool</div><div>5:45 Water Fitness Class* Pool</div></div>	<div><div>10</div><div>9:15 Chair Yoga Gym</div><div>10:00 Bocce/Horseshoes Outside</div><div>10:00 Cornhole/Shuffleboard Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:30 Yoga on the Mat Rm 2</div><div>11:30 Senior Swim Pool</div><div>5:00 Table Tennis Gym</div></div>	<div><div>11</div><div>9:00 Arthritis Class Rm 2</div><div>9:15 AHOY Gym</div><div>8:00 Greensboro Social Dance— Lewis Rec. Center</div></div>
<div><div>12</div><div>*Registration Required</div></div>	<div><div>13 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Gym</div><div>9:15 AHOY Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:00 Honey Bee Helpers Rm 1</div><div>10:00 Pickleball Rm 2</div><div>1:00 Conf. on Aging Watch Party Rm 1</div><div>2:00 Senior Swim Pool</div><div>5:00 Water Aerobics* Pool</div><div>5:00 T.O.P.S. Meeting Rm 1</div><div>5:45 Beginner Zumba! Gym</div><div>6:00 Grief Support Group Rm 2</div></div>	<div><div>14 8:15 Water Aerobics* Pool</div><div>9:00 S.M.A.C. Rm 2</div><div>9:45 Senior Swim Pool</div><div>10:00 Hearing Seminar Rm 1</div><div>11:00 Water Aerobics* Pool</div><div>11:30 Chair Yoga Gym</div><div>2:00 Senior Swim Pool</div><div>5:30 Full Body/Strength Class Rm 2</div><div>5:45 Water Fitness Class* Pool</div><div>6:15 Line Dance Class Gym</div></div>	<div><div>15</div><div>8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 AHOY Gym</div><div>10:00 Genealogy Class Rm 1</div><div>10:00 Table Tennis Rm 2</div><div>10:00 Basketball Open Play Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>1:00 Quilt Project Rm 1</div><div>2:00 Senior Swim Pool</div><div>5:00 Water Aerobics* Pool</div><div>5:30 AHOY Boot Camp Rm 2</div></div>	<div><div>16</div><div>8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 AHOY Gym</div><div>9:45 Senior Swim Pool</div><div>10:00 'Spite &amp; Malice' Cards Lounge</div><div>11:00 Water Aerobics* Pool</div><div>2:00 Senior Swim Pool</div><div>5:45 Water Fitness Class* Pool</div></div>	<div><div>17</div><div>9:15 Chair Yoga Gym</div><div>10:00 Bocce/Horseshoes Outside</div><div>10:00 Shuffleboard/Cornhole Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:30 Yoga on the Mat Rm 2</div><div>11:30 Senior Swim Pool</div><div>2:00 Peach Ice Cream Day Rm 1</div><div>5:00 Table Tennis Gym</div></div>	<div><div>18</div><div>9:00 Arthritis Class Rm 2</div><div>9:15 AHOY Gym</div></div>
<div><div>19</div></div>	<div><div>20</div><div>8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Gym</div><div>9:15 AHOY Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:00 Honey Bee Helpers Rm 1</div><div>10:00 Pickleball Rm 2</div><div>2:00 Senior Swim Pool</div><div>5:00 Water Aerobics* Pool</div><div>5:00 T.O.P.S. Meeting Rm 1</div><div>5:45 Beginner Zumba! Gym</div></div>	<div><div>21 8:15 Water Aerobics* Pool</div><div>9:00 S.M.A.C. Rm 2</div><div>9:30 Bingo Rm 1</div><div>9:45 Senior Swim Pool</div><div>11:00 Water Aerobics* Pool</div><div>11:30 Chair Yoga Gym</div><div>12:00 Lunch Bunch* Van</div><div>1:00 Quilting Class* Rm 1</div><div>1:00 Living Healthy Class* Rm 2</div><div>2:00 Senior Swim Pool</div><div>5:30 Full Body/Strength Class Rm 2</div><div>5:45 Water Fitness Class* Pool</div><div>6:15 Line Dance Class Gym</div></div>	<div><div>22</div><div>8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 AHOY Gym</div><div>10:00 Group Drumming Class Rm 1</div><div>10:00 Table Tennis Rm 2</div><div>10:00 Basketball Open Play Gym</div><div>10:00 BP &amp; Glucose Checks Lounge</div><div>10:00 Water Arthritis Class* Pool</div><div>1:00 Quilt Project Rm 1</div><div>2:00 Senior Swim Pool</div><div>5:00 Water Aerobics* Pool</div><div>5:30 AHOY Boot Camp Gym</div></div>	<div><div>23</div><div>8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 AHOY Gym</div><div>9:45 Senior Swim Pool</div><div>10:00 'Spite &amp; Malice' Cards Lounge</div><div>10:15 Caregiver Wellness Sem.* Rm 1</div><div>11:00 Water Aerobics* Pool</div><div>1:00 Coffee Filter Wreath Class* Rm 1</div><div>2:00 Senior Swim Pool</div><div>5:45 Water Fitness Class* Pool</div></div>	<div><div>24</div><div>9:00 Smith Mtn Lake Trip Sign-ups</div><div>9:15 Chair Yoga Gym</div><div>10:00 Bocce/Horseshoes Outside</div><div>10:00 Cornhole/Shuffleboard Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:30 Yoga on the Mat Rm 2</div><div>11:30 Senior Swim Pool</div><div>5:00 Table Tennis Gym</div></div>	<div><div>25</div><div>9:00 Arthritis Class Rm 2</div><div>9:15 AHOY Gym</div></div>
<div><div>26</div></div>	<div><div>27 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Gym</div><div>9:15 AHOY Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:00 Honey Bee Helpers Rm 1</div><div>10:00 Pickleball Rm 2</div><div>2:00 Senior Swim Pool</div><div>5:00 Water Aerobics* Pool</div><div>5:00 T.O.P.S. Meeting Rm 1</div><div>5:45 Beginner Zumba! Gym</div><div>6:00 Grief Support Group Rm 2</div></div>	<div><div>28</div><div>8:15 Water Aerobics* Pool</div><div>9:00 S.M.A.C. Rm 2</div><div>9:45 Senior Swim Pool</div><div>11:00 Water Aerobics* Pool</div><div>11:30 Chair Yoga Gym</div><div>1:00 Quilting Class* Rm 1</div><div>1:00 Living Healthy Class* Rm 2</div><div>2:00 Senior Swim Pool</div><div>5:30 Full Body/Strength Class Rm 2</div><div>6:15 Line Dance Class Gym</div></div>	<div><div>29 8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 AHOY Gym</div><div>8:30 Trip to Wytheville* Bus</div><div>10:00 Table Tennis Rm 2</div><div>10:00 Basketball Open Play Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>1:00 Quilt Project Rm 1</div><div>2:00 Senior Swim Pool</div><div>5:00 Water Aerobics* Pool</div><div>5:30 AHOY Boot Camp Gym</div></div>	<div><div>30</div><div>8:15 Water Aerobics* Pool</div><div>8:30 Better Balance Class Rm 2</div><div>9:15 AHOY Gym</div><div>9:45 Senior Swim Pool</div><div>10:00 Computer Seminar Rm 1</div><div>10:00 'Spite &amp; Malice' Cards Lounge</div><div>11:00 Water Aerobics* Pool</div><div>2:00 Senior Swim Pool</div></div>	<div><div>31</div><div>9:15 Chair Yoga Gym</div><div>10:00 Bocce/Horseshoes Outside</div><div>10:00 Cornhole/Shuffleboard Gym</div><div>10:00 Water Arthritis Class* Pool</div><div>10:30 Yoga on the Mat Rm 2</div><div>11:30 Senior Swim Pool</div><div>12:00 Lasagna Day Lunch* Rm 1</div><div>5:00 Table Tennis Gym</div></div>	